

California Fig Trail Mix

Makes: 40 servings

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Ingredients	Weight	Measure
Dried California figs		4 cups
Raisins or chopped dates		4 cups
Spanish or dry-roasted peanuts		4 cups
Sunflower kernels		4 cups
Pretzel sticks		4 cups

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	237	
Total Fat	13 g	
Protein	7 g	
Carbohydrates	28 g	
Dietary Fiber	4 g	
Saturated Fat	NA	
Sodium	85 mg	

Directions

1. Combine ingredients in large bowl and toss to mix. Store in airtight container at room temperature.

Notes

Optional ingredients: (4 cup measures) - Flaked coconut - Miniature marshmallows - Walnuts, almonds, cashews, or other nuts; halves and pieces - Dried banana chips - Chocolate or butterscotch chips